



PDC opens doors to Airmen

New building offers enhanced educational opportunities

Story and photo by
Airman 1st Class Stephen Linch
509th Bomb Wing Public Affairs

After nearly two years of anticipation, key education and base leaders got together Feb. 2 to celebrate the opening of the Professional Development Center, a \$12.66 million construction that six education agencies will soon call home.

The ribbon cutting ceremony dedicated this new 76,000 square foot building, which will house the Airmen Leadership School, base testing, the career assistance advisor, First Term Airmen Center, education center and base library.

The new PDC allows the customer to go to one place for these six separate agencies that all have the mission of developing Airmen, said Senior Master Sgt. Warren Weakley, the Whiteman Career Assistance Advisor.

"We needed this new facility to continue to prepare students for the global challenges of the 21st century," said Cathy Brogan, education services officer.

The education center is scheduled to begin moving into the new PDC March 26 and should be ready to serve customers by April 15 with no interruptions to student services, Ms. Brogan said.

The new PDC will help on-base schools enhance their programs at Whiteman by offering larger classrooms with audio visual aids and computer labs, which will allow

for increased enrollment and innovative teaching, Ms. Brogan said.

Webster University predicts that enrollment will go up due to an increase of resources the new PDC offers, such as new modern, state-of-the-art classrooms, resource facilities and a computer lab.

Park University also forecasts an increased enrollment in its classes due to the four additional classroom and larger rooms the PDC will provide.

State Fair Community College will have larger classrooms, a 16-station computer lab, fully equipped biology-enhancing courses leading to medical programs, and a chemistry lab to enhance science programs.

The library is expecting a one-week closure and hopes to be serving the community in the new building by the third week of March, said Murica Fowler, library technician.

About 55,000 customers per year from the Whiteman community take advantage of the base library's 25,000 books, audio books, CDs, videos, DVD/VHS, newspapers and magazines.

In the PDC, the library will have new amenities, such as a meeting room for classroom instruction and study groups.

The library will have a 30 percent increase in the amount of computers, and will be equipped with wireless technology.

"By being in such close proximity to the education center, I feel we at the library will be able to better serve those taking college classes," Ms. Fowler said.

The new PDC also allows the test examiner to have an office in the same facility as the testing room.

This is significant because 2,800 members test annually on tests such as the Armed Forces Classification Test, Air Force Officer Qualifying Test, Defense



From left to right, Randy Wright, Webster University, Maj. James Rumbley, 509th Services Squadron commander, Lt. Col. Lisa Mosier, 509th Mission Support Squadron commander, Brig. Gen. Greg Biscone, 509th Bomb Wing commander, Dr. Marsha Drennon, State Fair Community College, Dr. Beverley Byers Pevitts, Park University, cut the ribbon on the PDC opening.

Language Test, Defense Language Reading Proficiency Test and promotion testing.

FTAC and CAA are scheduled to be moved no later than March 15 and expect a two-week break in operations to facilitate the move, Sergeant Weakley said.

CAA and FTAC are getting two additional classrooms, a joint 28-station computer lab, a stadium seating auditorium and a student lounge, Sergeant Weakley said.

Thanks to the new facility, FTAC will be able to participate in reveille and retreat ceremonies conducted by ALS, Sergeant Weakley said.

ALS has not slated a date to move in

to the new facility but expects a smooth transition and will not be closed due to the move, said Tech. Sgt. Theresa Dulaney, ALS instructor.

Another change ALS can expect from the opening of the new facility is that students will no longer reside in-house during their five-week course.

"With several of these agencies outgrowing their facilities and the Air Force changing to where the member must take care of 80 percent of personnel functions online, the new PDC is a much needed asset in today's Air Force," Sergeant Weakley said.

ACC issues new decal guidance

Based on Air Command guidance, beginning today Whiteman Air Force base will discontinue privately owned vehicle registration and will no longer issue the DD Form 2220.

The Air Force has been strictly adhering to 100 percent credential checks at installation gates since Sept. 11, 2001, making the check of a vehicle decal unnecessary.

Removing the decal from your vehicle will enhance security by making it more difficult for people to identify those affiliated with the military.

What does this mean to you? You have the option of removing your decal immediately or keeping it on your vehicle until it expires. Once the decal expires, you will be required to remove the decal. Since the Air Force is the only service discontinuing the use



of DD Form 2220 at present, if you remove your decal, you may be required to get a vehicle pass when entering other service installations. No matter whether you choose to remove or retain your decal, you will be allowed access to all Air Force

installations using your ID card.

If you have any questions or concerns about this new initiative, contact Master Sgt. James Osban, 509th Security Forces Squadron Police Services, at 687-4254. (Courtesy 509th Security Forces Squadron)

Parenting Forum

Feb. 22 at 6:30 p.m.

Dr. Gary Kitto, licensed professional counselor, of Kitto and Associates of Sedalia, will be conducting an open forum to discuss parenting issues at the Airman and Family Readiness Center.

Reservations are required.
Please call 687-7132 to sign up.

Child monitoring is available upon request

SPIRIT TIMES

Whiteman Air Force Base, Mo.

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All photos in the *Spirit Times* are official U.S. Air Force photos, unless otherwise noted. The Services Page is a supplement to the *Spirit Times* and is provided by the 509th Services Squadron.

The deadline for article submissions to the *Spirit Times* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission does not guarantee publication.

For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111 Whiteman AFB, Mo. 65305

Air Force Quiz Question:

When performing heavy work in 90 degree weather, how much water should you drink? (see answer below)

9er Line

Dial 687-3119 or
e-mail 9r.Line@whiteman.af.mil

Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work.

Before calling the 9er Line, try to resolve your problem with the responsible base agency.

If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Greg Biscone, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

Need a Wingman?

Confidential crisis counseling available 24/7. Call the Whiteman Help Hotline: 866-395-4357

One quart of water per hour

Air Force Quiz answer:

Niner's Notes
Education and innovative Airmen

By Brig. Gen. Greg Biscone
509th Bomb Wing commander

President John F. Kennedy once said: "Our progress as a nation can be no swifter than our progress in education."

That statement is equally true of our military.

That's why it was an honor to help cut the ribbon last Friday for Whiteman's new Professional Development Center.

This 76,000 square foot complex will be the base's focal point for education and leadership training.

It's a place for all Team Whiteman members to develop, to become a little stronger.

The Air Force must continue to encourage and train people to think creatively, critically and strategically.

We live in a high-tech world with complex challenges and we need leaders who can comprehend the facts and make the right decisions.

Professional development — with its opportunities for continuing education, training and increasingly responsible leadership assignments — has always been a priority for the Air Force, and I encourage you to sign up for a college class, complete your Community College of the Air Force Degree or get your bachelor's or master's degree.

When we push ourselves to be better in any way, we become better equipped to lead our fellow warfighters and win our nation's wars.

The heroes of the past had a great appreciation for the history of warfare and understood the doctrine of their day.

It was only with this foundation that they were able to be creative with the new technologies of their time and leverage them into an entirely new way of fighting.

The Air Force's heritage has always been about innovation.

When Gen. Curtis LeMay took the doctrine of high-altitude precision daylight bombing and adapted it to low-altitude night incendiary bombing in Japan — he was displaying the type of "intelligent flexibility" that is an absolute for all leaders.

Today's Air Force mission shares common bonds with our heritage.

We still push the boundaries of technology and must adjust to continual change. Our need for knowledge-enabled Airmen has never been greater.

In the final analysis, education provides a springboard for innovative ideas.

You are all leaders — one day you will be called upon to make a tough decision, and you'll be armed only with your education, backed by your experience and integrity.

Make education a priority throughout your career, and doors will continue to open.

Thanks for your drive to improve your strength.



Photo by Airman 1st Class Stephen Linch

LEFT TO RIGHT: Dr. Beverly Pevitts, Park University, Tech. Sgt. Gene Kapuchuck, 509th Mission Support Squadron, and Brig. Gen. Greg Biscone, 509th Bomb Wing commander pose in the professional development center after the ribbon-cutting ceremony Feb. 2.

Reflections on what we do Right!

By Col. Bob Dulong
509th Maintenance Squadron commander

As many of you know, I celebrated my 38th anniversary of service to our Air Force in January.

Passing such a milestone most certainly causes me to reflect on the many changes in the Air Force through those years.

We live right now in a period of significant change. But, our Air Force has spent its life in constant change.

As you'll see, those changes most often produce positive results. The Air Force I entered in 1969 was 862,062 people strong—more than twice our current end strength (approximately 340,000).

Our primary defense goal was to contain the monolithic Soviet Union's expansionist aims.

Our massive personnel end strength resulted from our posture to meet that goal.

One facet of that containment policy was our intervention in Vietnam. Since our forces drew down following Vietnam, we have been in personnel draw down for most of the subsequent years.

So, what have we done right as those drawdowns occurred?

I will take you through our

promotion systems, recognition programs and our training programs.

The promotion systems—officer and enlisted—have changed through the years.

On the enlisted side, the debut of the Weighted Airman's Promotion System (WAPS) in 1970 was a significant change.

Under the previous system, the unit commander determined promotion selection under a best qualified and most deserving system.

When an individual was qualified for promotion, it was hit-or-miss whether or not he would receive feedback about why he was not selected for a given stripe.

The WAPS took the mystery out of the promotion system—each Airman now had the information at their disposal to determine what he or she needed to do to earn their next stripe.

While there have been changes to the cycles through the years, none of the subsequent changes has been as dramatic as the implementation of the system.

We promote people fairly, equitably and we give each individual the visibility they need to achieve their goals. I consider WAPS a success story!

For officers, the promotion system has changed through the years. Back in 1970, we had a mixed force of Reserve and Regular component officers.

Reserve officers would sometimes be appointed to higher grades on a temporary basis while retaining their permanent grade.

Promotions to Captain have always been on the best qualified system—very straight forward. Promotions to Major and above have always been by central promotion boards.

Only in the past 15 years have we had an officer promotion system that provides feedback to the officers to help each individual manage their expectations.

Earlier, the boards would consider an officers record (Officer Efficiency Reports, awards, decorations, etc) and the individual officer would now know whether he or she was competitive.

The change to the Officer Performance system in the late 1980s produced the positive change that now gives officers insight into their promotion potential.

Today, an eligible officer receives a copy of his Promotion Recommendation Form (PRF) about 30 days prior to

the promotion selection board.

Many senior raters use the delivery of this important document to help the individual gauge and manage their expectations. This change is another success story!

We celebrate success and achievement at Whiteman AFB on a regular basis.

At the beginning of each month, we have a promotion/recognition ceremony to honor that month's promotees.

We did not always do business this way. Back in the day, promotees were expected to show up for duty with their correct rank sewn on their uniforms.

There was rarely any distinction noted for those achieving NCO or SNCO status. I closely watched at our February ceremony as I observed Chief Vicky Orcutt administering the NCO and SNCO charges to those new SSgts and MSgts. We are doing the right thing and reminding these individuals we have higher expectations for them from this day forward.

This is a great success for our Air Force!

Our recognition programs have changed throughout the years as well. In the 1970s, one

See REFLECTIONS Page 4

Newsline

Legal office closing

The legal office will be closed Wednesday and Thursday for mandatory training.

Medical Group closure

The 509th Medical Group will be closed Feb. 16 for an Air Combat Command Family Day.

Self help hours

The self help store established new operational hours Thursday. The new hours are Tuesdays 7 - 11 a.m. and Thursdays noon - 4 p.m.

For more information, contact Tech. Sgt. Charles Howell at charles.howell@whiteman.af.mil.

WOSC, WESC scholarship

The 2007 Spouse Club Scholarship Program is now underway. Student applications and guidelines are available through area high school counselors. Both the student and spouse applications can be obtained at the base library, base education center and the airman and family readiness center.

The program runs through March 16 and all applications must be postmarked for return by that date.

Whiteman tax office now open

The Whiteman Tax office is open for business. Tax assistance, including electronic filing, is available free of charge to active duty, military spouses and retirees with a valid military ID.

Taxpayers may contact the tax office at 687-3668 to make an appointment. The tax office hours will be Monday-Friday 8 a.m. - 4 p.m. and will be located in the base legal office, Bldg. 509, suite 203.

Telephone excise tax credit

This filing season, the IRS is giving taxpayers a credit for long distance excise taxes paid on their telephone bills.

If you were billed after Feb. 28, 2003, and before Aug. 1, 2006, for the federal telephone excise tax on long distance or bundled service you may request a credit for the tax paid. You had bundled services if your local and long distance service was provided under a plan that does not separately state the charge for local services.

You can ask for the actual amount of excise tax you paid by adding the excise tax on all phone bills between Feb. 28, 2003 and Aug. 1, 2006 or you can take a standard amount based on the number of exemptions you claim on your tax return. The amounts are:

- 1 - exemption - \$30.00
- 2 - exemptions - \$40.00
- 3 - exemptions - \$50.00
- 4 - or more exemptions - \$60.00

The Whiteman Tax Office will only be using the standard amounts.

Veterinarian Services

The following services are provided by the local veterinarian office at Whiteman. The veterinarian is assigned to Fort Leonard Wood, Mo. and travels between both installations.

Due to the veterinarian's schedule, there is only one clinic a month for personally owned pets at Whiteman. Staff Sgt. Shellie Chapman is the full-time veterinarian technician on staff at Whiteman.

For more information, call 687-2667.

Parents are prime teachers

Heroes at home starts at Whiteman

By Meladee Bay
509th Services Squadron

Whiteman has been chosen as the only Air Force base to implement the Parents as Teachers - Heroes at Home program.

The program is being piloted at nine Army bases, one Marine installation, one Naval Station and Whiteman.

The fiscal year 2006 Defense Appropriations Bill approved monies for a pilot project to expand and enhance services for four PAT programs.

It is currently serving hundreds of families and creating new programs at eight other military installations.

Department of Defense selected the installations based on the deployment cycles and the number of young families.

The stress of frequent relocations, lengthy deployments, long work hours and separation from extended-family support which affects all military families most seriously impacts these youngest and most vulnerable families.

PAT - Heroes at Home is an early childhood parent education and family support program that was first implemented in Missouri in 1981 and is now in all 50 states.

The program believes that parents are their children's first and most influential teachers and that the early years of a child's life are critical for optimal development and provides the foundation for success in school and in life.

The primary goals of the

program are to increase parent knowledge of early childhood development, improve parenting practices, enhance parent-child interactions, increase parents' feelings of competence and confidence, provide early detection of developmental delays and health issues, prevent child abuse and neglect and increase children's school readiness and school success.

The free program provides monthly personal visits with a certified parent educator.

During the visit, developmental information for the specific age of the child is shared along with activities that encourage development.

Questions and concerns the parent may have are also discussed.

Group parent meetings are held to discuss popular parenting topics along with weekly playgroups which are held at the community center.

At least once each year developmental and health screenings are conducted using standardized screening tools and vision and hearing checklists.

Parent educators also help link families to service providers, agencies and other local resources that offer services beyond the scope of PAT - Heroes at Home.

The PAT program has been offered to the Whiteman community through the Knob Noster school district since 1985.

Now Whiteman will have its own designated program through the pilot program under the auspices of the Services Squadron's Family Member Programs Flight.

Their office is located in the community center.

For more information and to enroll please call 687-6010 or 687-6011.

Airpower turns tide in Battle of An Najaf

By Tech. Sgt. Jennifer Gregoire
332nd Air Expeditionary Wing

BALAD AIR BASE, Iraq - More than 200 enemy insurgents were killed and 100 gunmen captured near An Najaf Jan. 28 with 332nd Air Expeditionary Wing providing close-air support in the joint, combined effort to route the enemy in battle.

After insurgents attacked ground forces with small arms fire and rocket-propelled grenades, 332nd F-16 Fighting Falcons and A-10 Thunderbolt IIs answered the call for support dropping more than 3.5 tons of precision munitions and expending 2,300 rounds of 20mm and 30mm cannon fire in an area of about five square miles.

F-16 from the 510th Expeditionary Fighter Squadron, 14th EFS and 332nd EFS, based here, as well as A-10 from the geographically separated 74th EFS at Al Asad Air Base, all participated.

The 36-hour action was the first time all the wing's fighter aircraft have simultaneously employed ordnance in a single operation. Two of the squadrons, the 14th and 74th, joined the wing's ranks just last month.

Talking directly to pilots during the mission was a Joint Terminal Attack Controller Airman embedded with Army ground forces, said Lt. Col. Bob Winkler, a 510th F-16 pilot. Army ground liaison officers routinely coordinate with JTAC Airmen for mission-specific details to better prepare pilots before missions.

"Initially, we weren't involved in Najaf since ground forces hadn't yet requested air support," said Army Sgt. 1st Class Levern Randall, 332nd AEW ground liaison noncommissioned officer. "Once airpower was requested, we supported the recovery operations of the downed helicopter."

Lt. Col. David Tenlen and his wingman, F-16 pilots assigned to the 332nd, were the first on scene to provide close-air support.

"We're committed to providing coalition forces the combat airpower they need," Colonel Tenlen said.

74th A-10 pilots Capt. Jeffrey Leder-



Photo by Staff Sgt. Michael Holzworth

F-16 Fighting Falcons, like this Block 50 model, along with A-10 Thunderbolt IIs from the 332nd Air Expeditionary Wing's four fighter squadrons assisted ground forces in the Jan. 28 battle in An Najaf that resulted in 100 captured and 200 dead insurgents. The 332nd is at Balad Air Base, Iraq.

house and wingman Maj. Clinton Eichelberger diverted from another mission and helped control the airspace. Captain Lederhouse helped manage the J-TAC's burden by directing aircraft to refuel and helping direct support to ground forces.

The mission was almost identical to a recent home-station training scenario, said Major Eichelberger, an A-10 instructor pilot. A-10s can traditionally stay in the target area for a longer period of time to drop their precision-guided weapons, he said.

Crew chiefs, aircraft maintainers responsible for inspecting the systems, engines, and motor before and after each flight, helped the pilots get off the ground to support the mission.

"I was proud to know my jet was doing what it was made to do," said Senior Airman Billy Butler, crew chief and tactical aircraft maintainer. "We knew we had to get those jets turned around and back in the air quickly, and

safety is first in our minds when we're under surge operations."

Throughout the operation, the 332nd Expeditionary Aircraft Maintenance Squadron sustained normal and surge operations simultaneously, and at one point, had jets quick-turned two hours ahead of schedule.

"It feels good knowing we're able to support the people who are directly involved," said Staff Sgt. Jared Bicker, weapons load crew chief. "Our team didn't know until later that day what was happening in [An] Najaf until we saw it on cable news."

The 332nd at Balad, located 40 miles north of Baghdad, launches a significant amount of Air Force combat airpower in Iraq.

"I'm pretty darn proud of the operations, maintenance and combat support efforts of our Tuskegee Airmen team," said Brig. Gen. Robin Rand, commander of the 332nd.



Chief's Perspective



Grass in the cracks

By Chief Master Sgt. William Hammerli
509th Operations Group

Over a decade ago while visiting a well-established car dealership, I noticed a nicely dressed older gentleman walking amongst the cars on the lot and stopping every so often to pick items from the ground. Intrigued by this I approached and saw what he was actually picking from the ground was grass in the cracks of the cement.

Within a short time he noticed my presence and walked over and introduced himself as the dealership owner. I was stunned! Here was the owner of one of the largest dealerships in the city pulling grass from the cracks of his vast lot of new vehicles. We talked for a little while about the new vehicles and what type of vehicle would best suit our family and I soon became at ease with him.

All the while, though, I kept thinking in the back of my mind, "why was the owner pulling the grass and not someone else?" Always wanting to learn, I asked and his response was so simple. "My workers just don't see it," He said. "Anyone can tell someone to do something and it usually gets done; however, the goal is to have them do it without being told. They must see the grass in the cracks."

I thought about his comments later that night and over the following week and came to understand his philosophy. When you as the worker see the grass in the cracks first, only then has your awareness level been raised. Understanding this might

be difficult for some who don't already exhibit this extra sense.

A good example of how we have improved this extra sense and changed our habits and awareness is through the use of seat belts. Years ago before it was mandatory to wear seat belts, many of us—including myself—rarely used them. Why? There really wasn't a good reason. Maybe it wasn't cool or took too much time with the older vehicles.

After a close encounter with a ditch at over 60 mph in 1983 without wearing a seatbelt, I know I'm lucky to be alive today. Now, when I get in my vehicle, I put on the seat belt without even thinking.

For me and many others, we have changed an unsafe habit of not wearing a seatbelt to wearing it without much thought at all. Why? Because we have each decided this is important and over time have focused as this becomes part of our daily routine.

Another example is sports. Many times while listening to sporting events, we hear the announcers talk about the player being "in the zone." For a golfer, being in the zone is wonderful. All distractions are gone, awareness is raised to the highest level possible, everything is in high definition and the game is so easy.

All you see is the fairway and green. You clearly visualize exactly where your ball will go. The water hazards, sand traps and out of bounds markers have disappeared. Then, as suddenly as the zone fairy arrived, it's gone and you're back to your old self. However for a short period of time

your focus and awareness was raised to great heights.

We can also look at movies to visualize the act of raising awareness. One of my favorite Hollywood films "Terminator 2 Judgment Day" is superb at making this point.

There's a scene in which the Terminator is driving a car with Sarah and John Connor very fast down a winding road at night with the car headlights off. Emotions are high since T-1000, a much stronger and lethal Terminator, is chasing them with bad intentions. John Connor is concerned because they are driving so fast in the dark without headlights and asks the Terminator if he can see. The Terminator responds, "I see everything." Why is this important? Because the Terminator's vision and heightened awareness allowed him to see clearly at night while others were in the dark.

How does this relate to my Air Force career? To be successful it's important for all of us, especially leaders and supervisors, to improve our ability to see and communicate the big picture because the road is not always well-illuminated. Many times troops will come to you for advice or questions because they don't understand.

If you don't give them the information, try and find them the answers or take the time to listen to their concerns, the unit won't operate at the optimum level and you'll definitely have grass in the cracks. It's important for all of us to be the Terminator at times and see the road and articulate the way ahead so others will be assured.

As a leader, it's often faster to do jobs you know well rather than train a troop who isn't yet familiar with them. It's also more trying to let them try, show them what they've missed, and let them work to be as good at it as you already were. But it's critical to grow troops who can do the jobs "without" the boss especially with the personnel cutbacks facing the Air Force today.

By now some of you are wondering, "ok, chief, I've read your article to this point—what point are you trying to make?" My point is simple.

Grass in the cracks is an analogy for those who see everything around them and take care of the details. These individuals see what needs to be done and take care of the tasks without ever being told. They are the individuals who take on additional duties and undergo cross-utilization training because it's best for the mission.

If they worked at the car dealership the owner would be proud, proud of the fact he has a workforce that is full of initiative, motivation and dedication. There wouldn't be any grass in the cracks.

Team Whiteman is full of individuals who see the grass in the cracks. They are your unit award winners, superior performers, Whiteman Spirit award recipients and Top 3 MVP award winners.

They are the type of individuals every leader and supervisor wants on their team because they are great team players who always get the job done and are willing to help others without expecting anything in return. These gifted warriors possess the extra sense to see the grass in the cracks!

Do you?

REFLECTIONS, from Page 2

could win a base-level award and never gain any public recognition for it.

Distribution of the associated hardware typically went into the roll call distribution box. Rarely did we recognize the achievements of those individuals who earned superior grades on their career development course tests.

Today, we have luncheons and dinners to honor our wing quarterly and annual award winners.

If a member is unable to attend, his/her commander retrieves the associated hardware for presentation at an appropriate ceremony. And, our high achievers on training tests are recognized at our monthly promotion ceremony.

We expect the best performance and behavior from today's Airmen and recognition is yet another way we can thank you for exceeding our high expectations.

We have our recognition programs properly focused and this is another success story for our Air Force!

How much have our training programs changed through the years?

It depends on what angle you choose to view it from. Our on-the-job training program was institutionalized at the beginning of the Air Force and operates in essentially the same manner today.

Formal/upgrade training is a mixture of academic study mixed with practical exercises.

The equipment used to conduct today's training vastly

differs from the old "mock ups" of yesterday thanks to technology.

The paperwork involved has been modernized but also has the same elements as the old training program. Our emphasis on training has never been greater.

As the Air Force has changed through the years, much of the "old experience" has left but the reason we are able to achieve much more today with less than half the 1969 force is because of the strength of our training programs.

Adjacent to the training programs is our Air Force education program.

Back in the day, the Education Offices were often in settings with poor lighting, cramped spaces, and limited resources.

Last Friday, I attended the ribbon cutting on our new Professional Development Center. Wow!! Have we ever come a long way! Our base Education Office has an array of resources for those individuals seeking to improve themselves through off-duty education.

The facility is world-class and even offers labs for those courses that require them. This gives today's Airmen the opportunity to expand their options for higher education.

Along with off-duty education opportunities, we also do a much better job today with preparing our Airmen for expectations at the next step in their career.

As I mentioned earlier, promotions meant showing up for work with the correct chevron on your sleeves.

When you crossed from Airman to NCO, the only difference was the tasks your supervisor would assign you.

Some new NCOs had the good fortune to work for good "teachers," and I was one who had the right people to show me the ropes.

Today, we prepare Airmen in a professional setting from day one.

The First Term Airmen's Center (FTAC) helps orient new arrivals for what we expect of them here at their first operational base. In only a few short years, they will move to the next step: Airman Leadership School (ALS).

Here, we give the Airmen the tools they need to succeed as they assume their new responsibilities as an NCO.

The new facility just unveiled is a fantastic facility for motivating our FTAC and ALS Airmen to achieve their greatest potential in service to our Air Force. We do this right!

I have thoroughly enjoyed my service to our Air Force and my association with all the professional Airmen I have had the opportunity to serve alongside.

As with most Airmen, I have struggled to understand each of the changes as they occurred. But, upon reflection, I find those that are most important to keeping our Air Force strong, we implemented correctly.

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or toll free 888-516-0013

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687-NEWS

Commissary scholarship nears deadline

By Carrie Williams
DeCA

While chocolate and flowers are traditional Valentine gifts, perhaps for students the best gift is a \$1,500 scholarship.

The Scholarships for Military Children program might be just the ticket this Valentine's Day, but don't procrastinate because applications must be turned in at a commissary by close of business Feb. 21.

The scholarships are available to unmarried children under the age of 21 (23 if enrolled in school) of military active-duty, Reserve, Guard and retired personnel.

Eligibility will be determined using the defense enrollment eligibility reporting system database.

Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

An applicant must be planning to attend an accredited college or university full-time in the fall term of 2007, or be enrolled in a program of studies designed to transfer directly into a four-year program.

Scholarship applications are available at 263 commissaries worldwide, or can be downloaded through links at <http://www.commissaries.com>, <http://www.militaryscholar.org> or <http://www.dodea.edu>.

<http://www.militaryscholar.org> or <http://www.dodea.edu>.

Along with their application, applicants must include an essay on "how and why" they would change a historical event.

At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

"Scholarships for Military Children is a wonderful military community program," said Patrick Nixon, DeCA director and chief executive officer.

"Nearly 3,000 scholarships totaling more than \$4 million have been awarded since the first awards were given in 2001."

Most of the funds are donated by manufacturers, brokers and suppliers who sell groceries in commissaries, and every dollar donated to the program by industry or the general public goes to fund the scholarships.

The program is administered by the Fisher House Foundation.

A significant number of scholarships, about 10 percent every year, go to high school students at Department of Defense schools overseas.

"Every cent that community organizations can mobilize to support college-bound students is an investment in the future," said Joseph Tafoya, director of the DOD Education Activity.

"With college costs soaring, our DOD students and their parents appreciate every available scholarship to help defray the cost, and the scholarships enable many of our families to better afford the tuition and provide an incentive for students to work hard," Tafoya said.

"They also demonstrate that military communities are committed to education and increased opportunities for all students."

The scholarship program has also made inroads to increasing support from the "non-military" community.

California high school students sponsoring golf tournaments in 2006 raised thousands of dollars to donate to the program, and already for 2007, a private foundation has made a substantial donation.

"We're excited to see this worthwhile program gaining recognition and funding from the community at large," said Jim Weiskopf, vice president of communications at Fisher House Foundation.

"Commissary industry support has been amazing and increased public support can only help ensure that the Scholarships for Military Children program continues to benefit the military community for many years to come."

Donations can be made through the link at <http://www.militaryscholar.org>, the official program Web site.

Ability to survive and operate



PAR checks drive recovery operations

Post attack checks key to taking fight to enemy

By Senior Airman Sophia Dobbins

509th Civil Engineer Squadron

Post Attack Reconnaissance is critical to sortie generation and restoring the capability of any air-base.

After an attack is over it is presumed that NBC contamination or UXO hazards exist on the base. PAR checks determine to what extent these hazards may exist.

Alarm Black is divided into categories and is designed to limit the amount of personnel exposed to contamination and UXO hazards to the absolute bare minimum required.

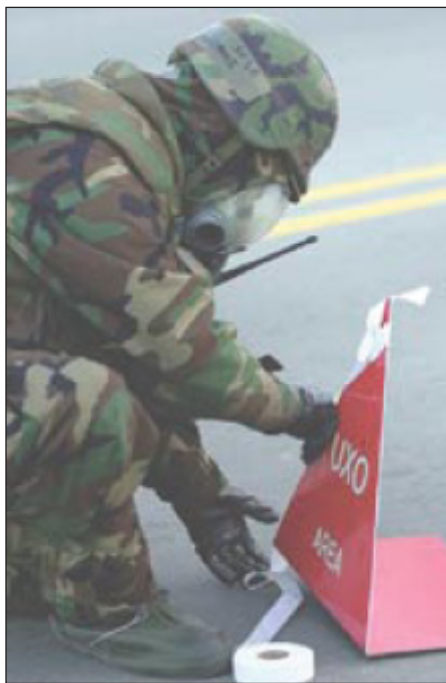
These sub-categories of Alarm Black include Initial Release and General Release.

During Alarm Black-Initial Release, Airfield Damage Assessment Teams and CBRN Reconnaissance Teams will be released to determine the extent of chemical contamination and damage to the airfield.

Fire Department personnel will also be dispatched to engage in fire fighting and rescue options when directed.

During Alarm Black General Release the PAR Teams, Damage Assessment Reconnaissance Team and other specialized teams will be released. These teams are released by the SRC and provide detailed checks of the base.

A facilities' PAR Team is responsible for half the distance between their facility and the nearest facility. Each team requires a minimum of



Courtesy photo

Unexploded ordinance checks are performed immediately after an attack is over to identify and isolate UXOs and evaluate M8 and M9 paper.

two personnel with a radio; if there aren't radios available, then three personnel are required per team.

Larger facilities may require more than one PAR team. If the PAR team cannot accomplish the reconnaissance route within 20 minutes, then additional PAR teams will be required.

PAR teams are responsible for the following:

- Perform SABC and immediate decontamination, as required.
- Remain in a shelter or under cover unless otherwise directed – mission essential personnel outside only. Keep exposure to a minimum and remember contamination

avoidance.

- When contamination is present and movement is required, don't move between sectors or zones without prior approval – follow appropriate contamination control procedures.

- Do not walk on grass unless absolutely necessary to determine contamination. Use sidewalks and other paths.

- Check the prepositioned M8 paper throughout the immediate area for signs of contamination.

- Check all detectors in your area – listen for audible alarms.

- Check for UXOs.

- Report positive or negative finding to your UCC.

- Negative detector readings don't necessarily equate to hazard-free assets; liquids may have absorbed but low level vapors may still be present.

- Replace prepositioned M8 paper with new paper – mark date and time on placed paper.

- Treat contaminated M8 paper as contaminated waste.

While performing PAR checks avoid contact with objects and areas that may be contaminated. Use M291/M295 Kits to operationally decontaminate areas you must touch to perform your mission (within the first hour of contamination if possible).

If double or triple layer sheets of barrier material covered contaminated assets, carefully remove the

outer layer, and replace it as time permits.

Treat contaminated barrier material as contaminated waste. If contamination is found in the area, identify assets as contaminated. Mark contaminated assets using the 10-foot rule (reference AFMAN 10-100 as needed).

PAR Teams will also be responsible for marking and updating signs at Transition Control Points. At night, portable lights or chemical light sticks will be used to call attention to markings on contaminated assets and detectors, however, use only white light to read M8 and M9 paper.

When utilized properly the PAR procedures listed will enable the installation to return to normal operations while limiting the spread



Courtesy photo

PAR teams should avoid contact with areas that may be contaminated. If contact is unavoidable due to mission requirements, use M291/M295 Kits to decontaminate the area.

of contamination and assisting in the delineation of the hazard footprint.

Vigilant teamwork and communication will be the key to the success of the wing and sortie generation.

CORI Countdown: 94 Days

Deb, Happy Valentine's Day! All my love, Greg.

Bill, Happy Valentine's to my Honey Bunny. I love you. From, Claudia.

Kyle, Happy Valentine's. To My Honey Bunny! Mom loves you very much! XOXO.

To Becky Krause: Since I first met you, I knew I loved you. Thanks for being there for me. I love you, Cory.

Warren, I love you. Soon to be – Daddy! Forever yours, Erin.

Dad and Julie and Rolten: Roses are red, violets are blue. Sugar is sweet and so are you! Happy Valentine's Day. Love, Danny Richards.

Krystal Cole. I love you with all my heart! Happy Valentine's Day! Michael.



Callie, I love you. From Mark.

Laura, Cupid's arrow found it's mark. I will love you forever and ever. You're my one and only soul mate. From Pete.

Momma, thank you for everything! I love you lots! Happy Valentine's Day! Your favorite Son!

Isaac, I love you. Love your wife, Karly.

Momma Kris, Happy Valentine's Day. You're the best! Thanks for all you do. Love, your favorite daughter-in-law.



Ronald Jones, my love grows for you more and more each day. Col 2:2. Love, Tamika James

Marcus, I love you so very much! Love, Mommy.

Airman 1st Class Stephanie Compton, I love you more than anything on Earth. I am the luckiest man on Earth. Love, Pat.

Daddy, I love you. Happy Valentine's Day. Love, Ethan.

Mom (Kristol Turner), I love you. I Hope you have

a Happy Valentine's Day. Billy.

Scott, Kasy, Alex and Cody, I love you guys! Jen.



Tim and Cassie, Happy Valentine's Day love you so much, mom and dad Jones.

Theresa, I love you more than life itself. Thank you for 22 years. Love, John.

Kaylie Bradshaw, every kiss begins with "K". I love you more every day in every single way. Happy Valentine's Day! Chad.



Our precious Alexis, we are truly blessed to have you in our lives. Happy Valentines Day to our beautiful granddaughter.

Kelsie Morris, I love you like the sun shines bright. Happy Valentine's Day! Love, Cameron.

Momma Kris, Happy Valentine's Day! We love you lots! From your favorites, Dustin and Rashell.

Oba, please be my Valentine. With all my love, Fozzie.

Jordan, Happy Heart Day! You are a great kid. We love you very much. Love, Grandma and Grandpa Wright. XOXO.

Patti Jo, for the love of my life: You will always be my special Valentine. Love always, Tom.

Justin, I love you. Happy Valentine's Day. Melanie.

Mommy, we love you! Happy Valentine's Day. Love, Thaddeus and Matthias.

Rob, a.k.a. Daddy, a.k.a. Dada—we love you always and forever. Kristin, Thaddeus and Matthias, you are more than I could ask for. Happy Valentine's Day. Rob.

Michelle V., Mondays, Wednesdays and Fridays become our weekend when you walk in the door. Thanks for all you do. Jim

Kari and Eric, We love you. Happy Valentine's Day. Love Mom and Dad.

Todd, I love you. Hannah

Jeremiah, Happy Valentine's Day. I love you with all of my heart and I'm glad that I found you. Amanda

Michelle, IRISH is Irresistible, Ravishing, Intrigueing, Sexy, Happy and funny mysterious goddess-like and compassionate. I think I may love you. Secret Admirer.

Angelle, you are my love and best friend. Avery, Paul and I are blestd for having such a devoted mother and wife. Love, Paul.



Mich, Take me to Dublin and marry me. I'm on one knee. Surprised? Say yes. Forrest

Lesley, my heart is yours forever. I cherish every day with you! I love you forever, Gack.

Sarah, Happy Valentine's Day. Thanks for all the meatloaf sandwiches, Glenn

Mike, I'll always love you. Thanks for the great life. All my love forever, Johnna.

Corinna/mom, thank you for alwasys being there for us. You are the greatest and we love and miss you, your two favorite Marines.

Kris/dad, happy Valentine's Day! We love you! Love Cassie, Tyler and Emily.

Corrina, I still fall in love with you everyday. you're my everything. I love you forever and a day. David.



Happy Valentine's Day Mijo! From East LA to seasoned world traveler, You've made us so proud! Pop and mom.

Ace, I love you! Thanks for being my best friend, Happy Valentine's Day! Love your wife, Tonya.

Amanda, Heather and Jonatnan, we love you bunches! Mom and dad

To my wife and kids, I love you very much and I'm sorry that I'm working a lot. Love dad.

Mom and dad, we heart you very much! Dad one word boomerang!! Love Heather and Jonathan!!!!

Stacy, we love you and thanks for all you do. you make life great, Love, John, Hayley, Hunter, Hayden and Hope.

Becky,
You are the only girl
I could grow old with.
Thanks for putting up with
my crazies. I love you.



Cookie man, Happy Anniversary and Lover's Day! Times have flown, together we've grown! New adventures soon to share, Cookie Lady.

Perreault family munchkins, Love you all on this special day. Hope Aviano is good to us like White-man has been, Marsha and A.J.

Andrew, our Valentine's Day baby! Happy 5th birthday to, our bright, ambitious, energetic, full of curiosity and love. Mom and dad.



Sean, I love you like a fat kid loves cake, like A-1 sauce loves steak. So lucky to be your girl! Love, Candy♥

Giles, I love you more than words can say. Please be my Valentine today. T.E.F.

Angel Baby, My Valentine and the love of my life! T♥E♥F♥♥

♥♥♥Brett and Katy Jo♥♥♥
♥♥♥♥Happy Valentine's Day to a couple of Wonderful Kids!♥♥♥♥

Dad, Happy Valentine's Day. You're the best dad in the world. Love you, Brett.

Daddy, you are the best Valentine. I love you. Katy Jo.

Tony, the love of my life. I thank God everyday for

bringing you into my life--over 42 years ago. Love, BobBob.

Sandy, you'll be my Valentine now and always. Thank you for all of your love and support. I LOVE YOU! Love, Me.

Kris, Hope you have a wonderful Valentine's Day, Love Paul.

Happy Valentine's Day Angie Bailey. You are the love of my life! I LOVE YOU!!! Ryan.

Dear Adam, Happy Valentine's Day!
"YWABMLB"
Love, Mom



Daddy, Love you with all of our hearts! Love, your four lil cupids.

Stan, my love for you grows with every beat of my heart. It's still great after 21 years! Wifey.

How is this for a "Snickers" and a "Diet Pepsi"? Thank you for the beautiful life and daughter you have blessed me with, Happy Valentine's Day Jill. Love Travis.

Crystal, You're an amazing woman and I'm blessed to have you in my life; thanks for everything. ILY! Robby.



Sean, the man you are becoming and the choices you are making make us PROUD! Love you, Mom and Dad!

My Mikel, ILYMTYLMFAE. Thank you for ALL you do! YWOMBTI6W. You are a Great Husband and Dad. Love you, Pennelope!

Celeste, you are the greatest! The Lord has truly blessed me with you in my life! Happy Valentine's Day! Love, Pete.



Adam, no matter what hurdle may come our way, I still love you! Happy Valentine's Day. Love always, Mary.

Collin, you're one of the best things that happened in my life. Happy Valentine's Day. Love you always my little bear. Momma

Rick, you are my Honey Bunny Bujunny! I Love You sooo much! Happy "I Love You" Day! ♥Your Wiffle-Ball-n-Chain♥

Josh, Love ya to the moon. I'm so proud of you. Love, mom.

Kiara, Happy Valentines Day to a beautiful little girl and her mom. Love you both, Miss Betty.



Wayon, we miss you and want you home! We'll save our Valentine kisses for you! Love, Kristy and Little Man.

My wonderful, loving husband, Happy Valentine's Day my love. Our love grows deeper each day. your loving wife, Betty.

Rachel, to my love, thanks for putting up with me. Boo, its forever. Love, me.



Paige, I look forward to walking through life with an angel by my side, Love, Stephen.

Workout tips

Total Strength Program 4-Day/Week Workout

Perform three sets of each exercise. Start with a weight you can get 12 repetitions with, you'll know you are at the appropriate weight when you have pushed out the last couple of reps in a set. Gradually increase the weight in the succeeding sets to get 10 reps, and then eight reps in the last set. Rest 60-90 second between each set.

Monday

Back exercises include: lat pull downs, bent over rows, upright rows and shoulder shrugs.

Biceps exercises include: double arm curl (barbell), alternating curls and preacher curls.

Wednesday

Chest exercises include: bench press, incline press, peck deck and pull overs.

Triceps exercises include: cable push down, overhead extensions and kick backs.

Friday

Leg exercises include: leg press, leg extension, leg curls and calf raises.

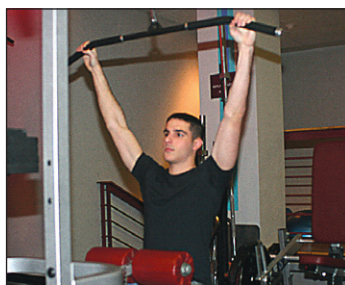
Shoulders exercises include: overhead press, upright rows, front raises and lateral raises.

Saturday

Pick any two muscle groups covered earlier in the week to workout.

Lat Pull Downs

Step 1



Grasp the bar using a wide grip and sit down maintaining the upper body in an upright position, slightly leaning back from the hips. Pull the bar in front of your face to the top of your chest and pause.

Step 2



Slowly release the bar back to the starting position by straightening your arms as demonstrated by Airman 1st Class Joseph Richard, 509th Communications Squadron. (Avoid behind the neck pull downs.)

Weight Training Basics

■ Always give the muscle group 48 hours of rest between workouts for proper repair.

■ Always warm the internal core of body temperature with light cycling or walking getting the heart rate elevated and follow with stretch exercises before beginning weight lifting to prevent injury. (About 10 minutes on the bike is all that is needed.)

■ As a beginner, do not start out too heavy too quickly. This will only cause injury and put you farther behind in your fitness goals.

■ Start with a weight you can get 12 repetitions with; you'll know you are at the appropriate weight when you have pushed out the last couple of reps in a set. Gradually increase the weight in

the succeeding sets to get 10 repetitions, and then eight reps in the last set.

■ Always work at least three sets on each exercise before proceeding to the next exercise.

■ Try to get four exercises with each muscle group. Begin with the major muscle group first. The major muscle groups are back, chest, and legs. For Example, on "back days" do not begin with biceps exercises. The biceps are an auxiliary muscle group and they assist in the movement of the back exercises. If you fatigue them first, then you will not be able to work the back efficiently.

■ If you have any questions, call Nita Hawk, Exercise Physiologist, at the Health and Wellness Center 687-1199.

Chapel Worship

Protestant Schedule:

8 a.m. Sunday Traditional Worship Service
(Chapel)

9:30 - 10:30 a.m. Sunday School
(Base Education Center)

11 a.m. Sunday Contemporary Worship Service
(Chapel)

1 p.m. Sunday Gospel Worship Service
(Chapel)

3 - 5 p.m. Sunday Awana Program
(Chapel)

4 - 6 p.m. Sunday Youth Program
(Teen Center)

Catholic Schedule:

5 p.m. Saturday Eucharist
(Chapel)

9:30 a.m. Sunday Eucharist
(Chapel)

11:30 a.m. Tuesday-Friday Eucharist
(Chapel)

Reconciliation after Eucharist or by request

11 a.m. - noon Sunday Religious Education
(Base Education Center)

Get personal with your TRICARE benefits

By Jenna Holtz

TriWest Healthcare Alliance

TRICARE beneficiaries who are registered on www.triwest.com now have their own personal profile to provide quick online access to their TRICARE benefits.

When a beneficiary logs in to www.triwest.com, a customized personal profile will appear, featuring quick links to eligibility, claims status, other health insurance and more. Beneficiaries also are able to update their personal information, such as address and secure account information.

This new function makes online navigation more convenient for busy beneficiaries to manage their TRICARE account, especially those living in remote areas or traveling.

Self-service features available to registered users include the ability to:

- Check claim status
- Register for automatic payment options
- Update personal information
- Verify eligibility
- Track out-of-pocket expenses
- Get TRICARE updates

To see your personal profile, simply register at www.triwest.com anytime by selecting the 'Beneficiary Services' button on the left side of your screen, and then click on 'Register as a New User' and following the directions.

If you need a little help, there's also a handy online registration demo that can walk you through it, or you may call 1-888-TRI-WEST for assistance.

Crossword puzzle Answers

Here are the answers to this week's crossword puzzle located on page 18.



SPIRIT CAFE *WM*

NOW OPEN

The Spirit Cafe is now open to all Airmen. We have high-end coffees, cappuccinos and lattes, two Xbox 360s hooked up to two 32 inch plasma screen televisions and gaming chairs with speakers, a gaming table, a large screen hi-definition TV, as well as pool tables and other equipment previously offered by the community activities center. For more information or to volunteer call 687-3652.

The Spirit Cafe is open:

Thursdays 6 - 8 p.m.

Fridays 6 - 10 p.m.

Saturdays 3 - 8 p.m.



Team Whiteman Community

Bowling party for families of deployed

The Whiteman Enlisted Spouses' Club will host a bowling party for all deployed and remote families Saturday from 2-4 p.m. at the bowling center. Each person will be given two games and a pair of shoes to use at no cost. For more information, contact Daphne Cunningham at 233-0634.

Social set

The Whiteman Enlisted Spouses' Club will host a social at Mission's End, from 6:30 - 8:30 p.m. Tuesday. There will be a Valentine's bake-off contest and a distinguished guest speaker. For more information, contact Stacy Hass at 563-5274.

New Orleans night

The Whiteman Enlisted Spouses' Club will host a Mardi Gras party Feb. 24 at Mission's End. Tickets are \$5 per person and will be sold at the base exchange from 10:30 a.m. - 2:30 p.m. today and Saturday. The party will feature a Louisiana style meal. For more information, contact Kris

Bailie at 238-2881 or bailiebunch@yahoo.com.

Attention DRMO customers:

Squadron representatives are invited to attend the monthly DRMO meeting to be held on Feb. 26 in the multimedia room of Bldg. 139 at 10:30 a.m. The Disposal Service Representative and Ft. Riley Area Supervisor will be there to answer any questions. Submit agenda items by Feb. 21 to 509lrs.custsvc@whiteman.af.mil, or call LRS customer service at 687-4073.

Self Help Hours

The Self Help store established new operational hours Thursday. The new hours are Tuesdays 7 a.m. - 11 a.m. and Thursdays noon - 4 p.m. For more information, contact Tech. Sgt. Charles Howell at charles.howell@whiteman.af.mil

Lodging reservations

If you are active duty, retired, a member of the Reserve or Guard, family or friends of authorized personnel, DOD civilians or hold a valid military identification card you could qualify for Space-A lodging reservations at installations throughout the military. Reservations can be made up to 30 days in advance, with space permitting, at a location near your travel plans.

Call 687-1844 for questions or reservations. For reservations at Air Force bases call toll free 1-888-AFLODGE (235-6343).

Education

Call the base education center at 687-5750 for more details on these events.

Hours for base training and education center

Due to manning shortages, the base training and education services office will be on an appointment-only basis during afternoon hours. Walk-ins are still welcome during morning hours. Customer service hours are:
Monday - Thursday:
7:30 a.m. - 12:30 p.m. - Walk-ins
12:30 p.m. - 4:30 p.m. - Appointment only
Friday:
9 a.m. - 12:30 p.m. - Walk-ins
12:30 p.m. - 4:30 p.m. - Appointment only
Call 687-5750 to make an appointment.

Kuder career planning system

The Kuder career planning system is an on online career assessment tool that relates the results of interests, skills and work values to occupational information. Kuder provides direct links to job opportunities, financial aid information, and additional career development resources

(including an education planner and resume builder). Kuder also assists in setting goals and making career decisions. For more information, call Larry Broudrick at 687-2420.

State Fair Community College hours

In an effort to better meet customer needs the Whiteman State Fair Community College office will now be open from 7:30 a.m. to 5 p.m. Monday-Friday. If you have questions, please call the SFCC office at 563-3358.

Family Readiness

Call 687-7132 for more details on these Airman and family readiness center activities.

Deployed Spouses Forum

There will be a forum 6:30 p.m. Tuesday to discuss issues of concern and services available for spouses of deployed military members. Free childcare will be available. For more information, call 687-7132.

Class helps new parents

Expectant parents can gain information and resources at the Bundles for Babies class at 8 a.m. Tuesday. Participants will receive free "Time Life" books and layette bundles. Reservations are required.

Find the base...AFMC

By Capt. Tony Wickman
71st Flying Training Wing

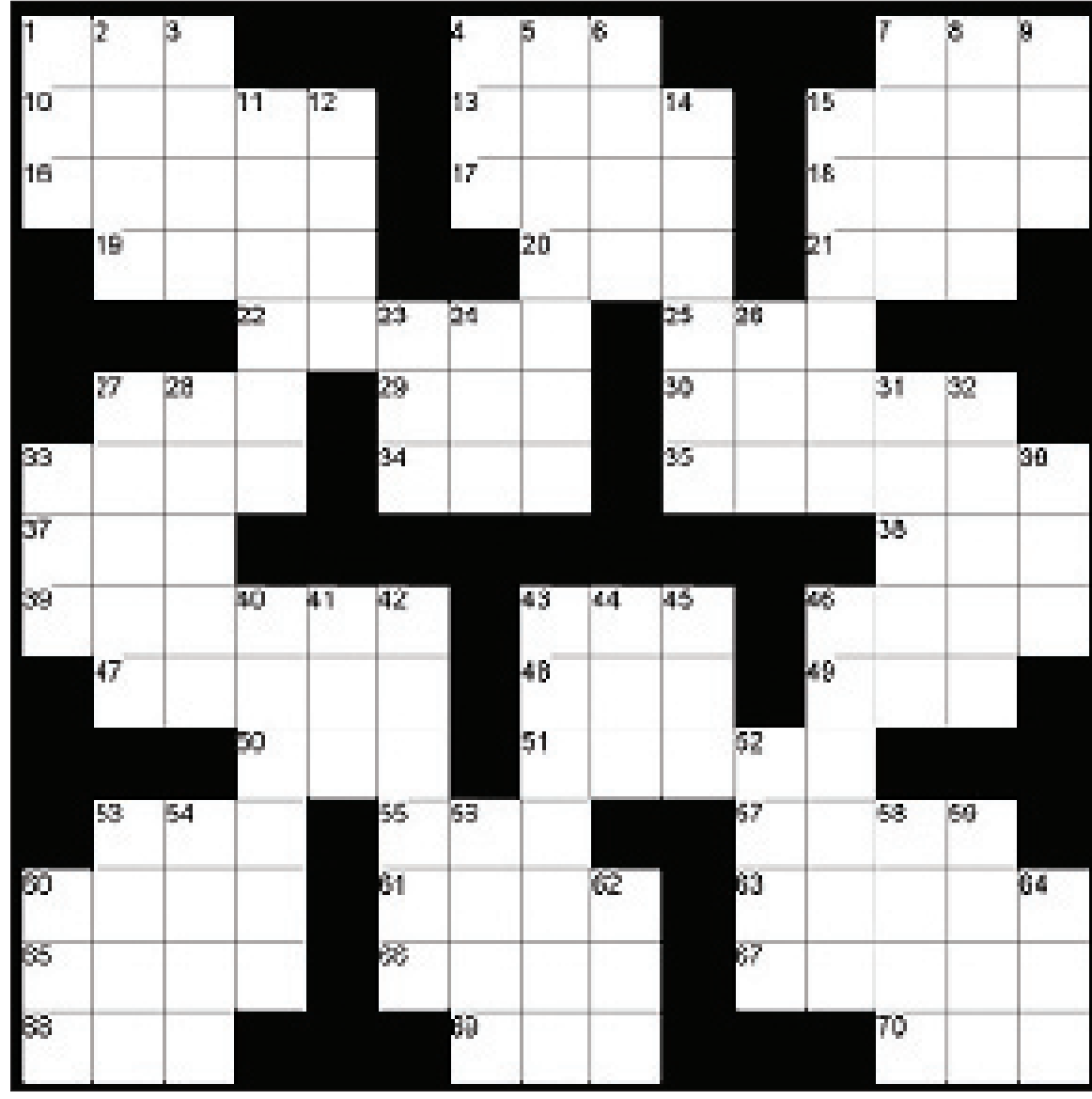
ACROSS

- 1. Given
- 4. Gun the motor
- 7. USAF health assessment
- 10. Talons
- 13. Expunge
- 15. Radar return
- 16. Yankees manager Joe
- 17. Org. for women's empowerment, race relations, labor representation
- 18. Move part
- 19. Drudgery
- 20. Part of USAF
- 21. Night bird
- 22. Name given to PS2, XBox players
- 25. Also
- 27. Burn residue
- 29. Staff
- 30. Foot and leg joiner
- 33. Small biting fly
- 34. USN rank
- 35. Abdicate
- 37. Cash machine, in brief
- 38. PCS pay entitlement
- 39. Mob member
- 43. That man!
- 46. It's ____; music goal
- 47. Egyptian city
- 48. Pilot with 5+ kills
- 49. Stimp's pal
- 50. Capture
- 51. Synthetic cloth for parachutes
- 53. Raiders of the Lost ____
- 55. You can't tell a book by ____ cover
- 57. ____ dear; cherish
- 60. Lotion ingredient
- 61. Amiable
- 63. Homer's epic poem describing the siege of Troy

- 65. Close by
- 66. Clump about
- 67. Curiously
- 68. Homer's neighbor
- 69. Mil. org. concerned with HHG
- 70. Observe

DOWN

- 1. Perform
- 2. Story line
- 3. Poi starter
- 4. Marina del ____
- 5. AFMC base home to AFFTC, 95 ABW
- 6. Veni, Vidi, ____; I came, I saw, I conquered
- 7. Tiller
- 8. AFMC base home to OO-ALC, 75 ABW
- 9. Mock
- 11. ____-Patterson; AFMC base home to AFMC HQ, ASC, 88 ABW
- 12. Actress Ward
- 14. Genghis Khan tribe member
- 15. AFMC base home to 311 HSW, USAFSAM
- 23. Mil. food in the field
- 24. Long time
- 26. Single
- 27. Playful
- 28. South Pacific island
- 31. Elastic
- 32. AFMC base home to AAC, 96 ABW
- 33. North American predaceous freshwater fish; needlefish
- 36. ____ King Cole
- 40. AFMC base home to OC-ALC, 72 ABW
- 41. Epoch
- 42. AFMC base home to WR-ALC, 78 ABW
- 43. AFMC base home to ESC, 66 ABW



Turn to Page 14 for the answers to this week's crossword.

- 44. Freezing
- 45. Actor, director Gibson
- 46. AFMC base home to AEDC
- 52. State home to 11 DOWN
- 53. Away from the wind
- 54. Path
- 56. Bias
- 58. Covers
- 59. Glen
- 60. Author Coulter
- 62. Self-esteem or Self-image
- 64. Color



Whiteman AFB MO SERVICES

Combat Support & Community Service

Services Page editor.....Carrie Titus
509th Services squadron.....687-4386
*No federal endorsement of mentioned sponsors intended.

Today

Teen dating violence

This program is designed for teens and adults to raise awareness of teen dating and relationship violence. Learn to help those in need and prevent yourself from becoming a victim, 6-8 p.m. at the community center. This is a free program. Pizza and refreshments provided.

Karaoke

Hop on in to the Lavene Lounge and sing the night away, 9 p.m. at Mission's End.

Saturday

Earth Day poster contest

Create a poster educating others about Earth Day and submit it to the community center. Submissions will be accepted until March 9.

Preteen Valentine's Day party

Youth, ages 9-12, join in for games, snacks and Valentine's activities, 1-5 p.m. at the teen center.

Snakes alive

Snakes are slithering over to the community center for families to learn about them and their habitats, 2-3 p.m.

Teen trip to Sedalia

Teens, ages 13-18, head to Sedalia for dinner and a movie. Available movies will be posted the day of the trip. Contact 687-5819 for more information. Cost is \$1 plus dinner and movie money.

Monday

Welch Village ski trip

Monday is the sign up deadline for the outdoor recreation trip to Welch Village, Minn. The trip dates are Feb. 17 - 19. Call 687-5565 or stop by to sign up. Cost is \$178 per person.

Wednesday

Fun run/walk

Join the fitness center for the "Healthy Heart 5k Fun Run/Walk, 11:30 a.m. Meet in the fitness center parking lot.

Bowling Special

Stars & Strikes is giving you the chance to win at bingo and bowling, 10:30 a.m.-5 p.m. Wednesday night league bowlers will have chances to win after 5 p.m.

Valentine's Day dinner

Enjoy a gourmet dinner for two and dance and get a chance to win a diamond necklace, 6-10 p.m. at Mission's End. Call 687-4422 for reservations. Cost is \$50 for members and \$70 for nonmembers.



Friday		
Night at the Museum	7 p.m.	PG
Saturday		
Charlotte's Web	7 p.m.	G
Sunday		
Code Name: The Cleaner	3 p.m.	PG-13
Adults: \$3.50 Children: \$1.75		
Movie Recording Line: 687-5110		
Movies subject to change due to availability.		

Arts & Crafts

Intermediate jewelry

Learn to create your own jewelry, 9-11 a.m. Tuesday. Cost is \$25 plus supplies. This is the first of two sessions.

Stained glass

Learn to create a stained glass trinket box, 1-4 p.m. Wednesday. Cost is \$45, supplies included. This is the first of two sessions.

Marathon crop

Enjoy a 10-hour crop session, 10 a.m.-10 p.m. Feb. 16. Cost is \$35 plus supplies. The cost includes two meals.

Sign up deadlines for all classes are by noon on the day prior to the class. Please contact arts and crafts at 687-4765 to sign up.

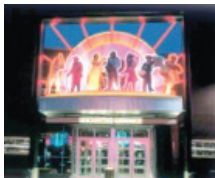
Mission's End



This week's grill special:
BBQ Beef Sandwich
\$5.95 for members,
\$7.95 for nonmembers

American Jazz and Negro Baseball League Hall of Fame tour

7:30 a.m.-7 p.m., Feb. 22
\$20 adults, \$15 children



Join outdoor recreation and discovery the history of jazz and baseball!
Call 687-5565 for details.

Cook's night off

Every **Wednesday** night call in your order to Mission's End, from 4-6 p.m.
February's Menu: Chicken enchiladas, refried beans, Mexican rice, warm tortillas and churros. This meal can feed up to a family of four! The cost is \$15.95 members, \$18.95 nonmembers.

Squadron telephone directory

Combat Support Flight

Fitness Center.....687-5496
Library.....687-5614
Ozark Inn.....687-5469
Touch & Go.....
.....687-2700
Whiteman Inn.....687-1844

Community Support Flight

Arts and Crafts Center.....687-5691
Auto Hobby Shop.....687-5689
Bowling Center.....687-5114
Outdoor Recreation.....687-5565
Mission's End.....687-4422
Golf Course.....687-5572
Tickets and Travel.....687-5565
Veterinary Clinic.....687-2667

Family Member Support Flight

Child Development Cen-

Hiking and camping trip

Need a vacation? Take a seven day/six night backpacking trip to Havasu Falls in the Grand Canyon with outdoor recreation! The trip takes place from April 1-8. Cost is \$499 per person (ask about the payment plan). Sign up deadline is March 26. Call 687-5565 or stop by outdoor recreation to sign up.



Comment Corner

Question: I am new to the military and Whiteman Air Force Base and I'm not really sure how to find out about events and programs on the base. Can you tell me where I can find the information?

Answer: I certainly can. We have several avenues you may use to find out what is happening on base through Services.

The best and easiest way to learn about events and programs is to go to our Web site www.whitemanservices.com. This is a great source of information about Services. Everything we do, everything we print - *Connection* magazine, weekly slides, calendars, brochures, schedules, special events - it's all on located on our Web site.

If you do not have access to a computer, you can stop by any of our facilities and pick up a monthly calendar from the Services Info Centers located in each. You'll find information on upcoming events as well as activity-specific brochures, a Services map, and other customer-focused information.

Our Services page in the *Spirit Times* weekly base newspaper is also a good source of information on programs coming up within a week or two.

If you require additional assistance, please feel free to contact a specific facility manager or call the Services marketing department at 687-7929. If we can't answer to your question, more than likely, we can direct you to the person who has the answer.